

***SELF DETERMINATION
TAKES A LOT OF
DETERMINATION***



HOLDING *the* HOPE
PEERPOCALYPSE

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What is Self Determination... Really?

SELF – According to Webster's II New Riverside Dictionary:

1. The essential being of 1 person as distinct from another
2. A particular aspect of a person
3. Personal welfare, interest, or advantage

The essential being of 1 person as distinct from another

- What are the assumptions here?

There are other people around you.

You are unique.

There is a part of your “being” that is
essentially different than anyone else.

Anyone who ever was or ever will be.

People identify themselves within a context

Family

Friends

Job

Ethnicity

Community

Traditions

Car

House

Neighborhood

Clothes / Hair / Nails

Income

How do many people with mental illness identify themselves?

By their Illness

Why?

- Why wouldn't we? All basic needs are met, based on the label.
- MH centers become our "community"
- Internalize the messages
- Initial message from medical professionals

Exercise #1 – Think Back

- What were you told upon your initial diagnosis?
- How did you feel?

It's all about communication



"It's OK, honey. We've just had our first misunderstanding. When I said I wouldn't cheat on you, I meant at cards."

Let's dig deeper

DETERMINE – According to Webster's II New Riverside Dictionary:

1. To decide or settle authoritatively or conclusively
2. To limit in scope or extent
3. To be the determinant of; regulate
4. To reach a decision as after consideration or calculation

What are the assumptions here?

You have *Authority & the Responsibility* to:

- set the limits
- decide conclusively
- reach a decision after considering the situation

Self Determination is Nothing New – Let's look at the law

- You have the right to refuse services
- You have the right to change therapist
- You have the right to information about any medicines that are prescribed to you
 - Why that one instead of others
 - What are the expected side effects
 - How will it help you

The right to develop a plan of care that meets your unique needs.

- PLAN – action, goals, timelines, life domains
- UNIQUE - your plan is different than anyone else's
- NEEDS – What you need depends on your goals.

WACS have expectation is that there must be something towards rehabilitation, recovery & reintegration in your plan.

Life Domains

- Housing
- Food
- **Income**
- Health Care
- Dental
- Transportation
- **Work**
- **School**
- Other daily activities
- Social life

WHY?

So that you can DETERMINE for yourSELF, in light of the context of your life, what plan of action is right for you.

WHY?

So you can GET WELL

SELF DETERMINATION IS:

The right to determine your own path in life.

The right to make mistakes.

The right to get well.

Just In Case You Don't Believe Me

Long-term studies: people can recover from severe mental illness

Study	Sample Size	Follow-Up (in years)	% Significantly Recovered
Bleuler (1972)	208	23	53%-68%
Huber et al. (1979)	502	22	57%
Ciampi & Muller (1976)	289	37	53%
Tsuang et al. (1979)	186	35	46%
Harding et al. (1987)	269	32	62-68%

1. Bleuler (1978). *The Schizophrenic Disorders*. New Haven, Yale Press
2. Huber et al (1975). Long-term followup...*Acta Psychiatrica Scand.* 53:49-57.
3. Ciampi & Muller (1976). *Lebensweg und alter...* Berlin. Verlag Springer.
4. Harding et al. (1987). Vermont longitudinal study...*Am. J. of Psychiatry* 144: 718-735.
5. Tsuang, M. et al (1979). Long-term outcome...*Arch. Gen. Psych.* 36:1295-1301

More Data

Long-term studies: people can recover from severe mental illness

Study	Sample Size	Follow-Up (in years)	% Significantly Recovered
Hinterhuber (Austria)	157	30	75%
Kreditor (Russia)	115	20	84%
Marino (Bulgaria)	280	20	75%
Ogawa (Japan)	140	23	57%
Total of 9 studies	2028	20-37	66%

What EXACTLY is recovery?

“Recovery is living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

- **William Anthony**

What EXACTLY is recovery?

- Good news – I have a theory

If you can:

WORK

LOVE

PLAY

You're well. Get on with your life and have some fun.

Characteristics of a Recovered person – Dan Fisher, MD, PhD

- Make their own Decision
- Fulfilling network of friends
- Major social role other than consumer
- Uses emotional distress as an opportunity for growth
- “Most untrained persons would not consider him/her sick” GAF=61-70
- Primary supports outside MH system

What does this look like?

- Self direction & faith in one's ability to manage their life
- Walk in this world with dignity & self respect.
- Supported Risk Taking
- Helping others
- Failures

Resiliency

- Promoting the highest level of Wellness
- People may relapse
- It's part of the process & the journey
- Build in supports
 - Reframing
 - Easy reentry to services
 - Hope
- Individualized

Barriers to Recovery - External

- Organizational Beliefs
- Medical Model
- Funding & Resources
- Staff Expectations – Jerry Springer Syndrome
- Bureaucracy
- Narrow interpretations of policy & regulations

Barriers to Recovery - External

- Homelessness
- Poverty
- Discrimination
- Isolation
- Family Expectations

Barriers to Recovery - Internal

- Learned Dependence
- Fear of Failure
- Fear of Benefit Loss
- Substance Abuse
- Internalized Stigma
- Hopelessness

What does recovery need from you?

- **Personal Responsibility**
 - Symptom management
 - Personal growth & change
 - Learn new things
- **Overall Wellness**
- **Commitment to the real you, not the illness**
- **A fighting spirit**

Essential Ingredient

Recovery is unlikely until an individual assumes ***personal responsibility*** for their life.

Personal Responsibility

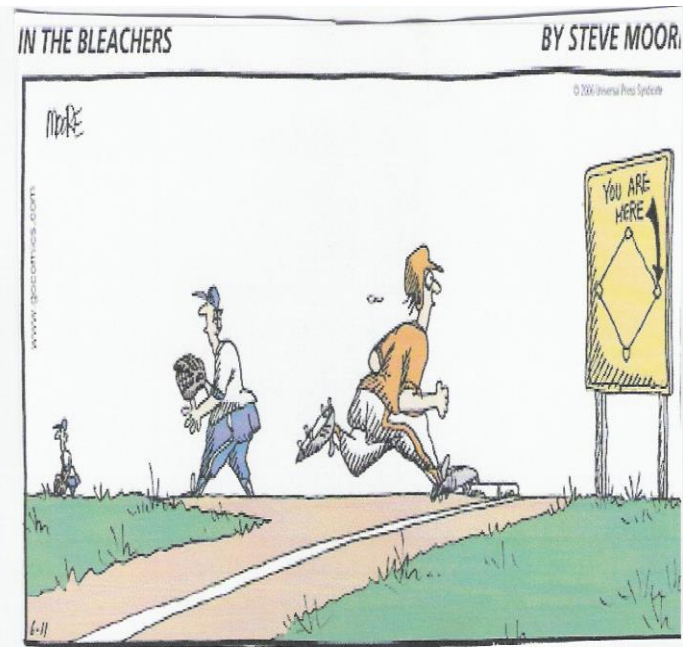
- Do as much for yourself as you can
- Failure is critical for success
- You set the momentum of your life
- Dare to think of yourself as well and assume others see you that way too

How can we overcome barriers?

- Become aware of them & their origins
- Educate yourself & advocate for yourself
- Educate the people who want to learn
- Avoid the people who don't
- Find positive supportive people & invite them in.
- BELIEVE IN YOURSELF – ACT AS IF

Learn to be an effective Advocate

- Asking for what you want rather than complaining
 - This one requires *knowing* what you want!
- Asking why or why not
- Understand how the system you're in works
- Understanding is not accepting or exploiting



Advocacy Essentials

- Knowing what you want & that it's reasonable
- Politeness
- Persistence
- Knowing your strengths
- Knowing your limitations
- Knowing your allies

How should you start?

Ask yourself these questions:

- How do you want your life to be different?
- What are the barriers?
- Internal &/or external?
- What are you going to start with?
- How will you take responsibility?

Then What?

1. Ask to see your treatment plan
2. Get a copy – take it home & read it
3. Does it help you change your life?
4. Is it a “tool” or a “lifestyle”?
5. Either way – change the plan
6. Do this regularly

Then What?

- Educate yourself
articles – conferences – opportunities
- Find like minded people and talk to them
- Find community resources

Peer Support

Supported Employment

Ombuds

WRAP Plans

Beyond Advocacy – Redesign from the inside out

- Look outside the MH system

Park & Recreation classes

Church

Community College

Neighborhood efforts

Have folks over for a BBQ

- ANYTHING that isn't about mental health

Discover hidden talents

If you had never been labeled...

- What do you like to do? Do it!
- What are you curious about? Investigate it!
- Listen to the good things people say – Believe it!

START SOMEWHERE - ANYWHERE

***SEIZE YOUR DESTINY OR
SOMEBODY ELSE WILL***

OR... As my mother would say

**AIM HIGH AND YOU'LL
LAND HIGH**



HOLDING *the* **HOPE**

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